

arms 360°

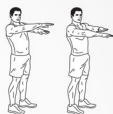
DAREBEE WORKOUT @ darebee.com
repeat 3 times with 1 minute rest in between



5 tricep dips



10 scissor chops



10 arm scissors



5 tricep dips



10 bicep extensions



10 shoulder taps



5 tricep dips



10 W-extensions



10 elbow clicks